

Planksgiving Challenge



26	27	28	29	30	31	1
						B = 15 Sec I = 20 Sec X = 30 Sec
2	3	4	5	6	7	8
B = 20 Sec I = 25 Sec X = 40 Sec	B = 20 Sec I = 35 Sec X = 50 Sec Harvest Hustle	B = 25 Sec I = 40 Sec X = 60 Sec	B = 30 Sec I = 45 Sec X = 70 Sec	B = 30 Sec I = 50 Sec X = 80 Sec Pumpkin Spice Power	Rest Day	B = 35 Sec I = 55 Sec X = 90 Sec
9	10	11	12	13	14	15
B = 35 Sec I = 60 Sec X = 100 Sec Turkey Tuck	B = 40 Sec I = 70 Sec X = 110 Sec	B = 40 Sec I = 75 Sec X = 120 Sec	B = 45 Sec I = 80 Sec X = 130 Sec	B = 45 Sec I = 85 Sec X = 145 Sec	B = 50 Sec I = 90 Sec X = 155 Sec Core Cornucopia	B = 50 Sec I = 100 Sec X = 165 Sec
16	17	18	19	20	21	22
Rest Day	B = 55 Sec I = 105 Sec X = 175 Sec	B = 55 Sec I = 110 Sec X = 185 Sec Hayride Hustle	B = 60 Sec I = 115 Sec X = 195 Sec	B = 65 Sec I = 125 Sec X = 205 Sec	B = 65 Sec I = 130 Sec X = 215 Sec	B = 70 Sec I = 135 Sec X = 225 Sec Gratitude Grind
23	24	25	26	27	28	29
B = 70 Sec I = 140 Sec X = 235 Sec	Rest Day	B = 75 Sec I = 150 Sec X = 245 Sec	B = 75 Sec I = 155 Sec X = 260 Sec Autumn Burn	B = 80 Sec I = 160 Sec X = 270 Sec	B = 85 Sec I = 165 Sec X = 280 Sec	B = 85 Sec I = 170 Sec X = 290 Sec
30						
B = 90 Sec I = 180 Sec X = 300 Sec Finale Fire						

STUDIOSTRONG.FIT
vst.bz/planksgiving

Pick your challenge level:
B = Beginner (1:30 Goal)
I = Intermediate (3:00 Goal)
X = Expert (5:00 Goal)